



Grilled Orange-Teriyaki Steaks with Grilled Scallions & Bell Peppers

Prep: 15 minutes plus marinating

Grill: 15 minutes • Serves: 4

- 1 cup fresh orange juice
- ¼ cup 7 spice teriyaki marinade
- 2 tablespoons chopped fresh cilantro
- 4 Certified Angus Beef® boneless chuck eye steaks (about 6 ounces each)
- 2 red bell peppers, halved and seeds removed
- 1 bunch green onions
- 1 tablespoon olive oil

1. In medium bowl, whisk orange juice, teriyaki marinade and cilantro; reserve ½ cup marinade. Place steaks in baking dish; pour remaining marinade over steaks. Cover; refrigerate at least 2 or up to 8 hours, turning steaks once.

2. Remove steaks from marinade and let stand at room temperature 30 minutes; discard marinade.

3. Prepare outdoor grill for direct grilling over medium-high heat. Place steaks on hot grill rack; cover and cook 10 minutes or until internal temperature reaches 140° for medium-rare, turning once. Transfer steaks to cutting board; tent with aluminum foil and let stand 5 minutes. (Internal temperature will rise 5 to 10° upon standing for medium-rare.)

4. Coat peppers and onions with oil. Place peppers and onions on hot grill rack; cover and cook 5 minutes or until grill marks appear and peppers and onions are tender, turning occasionally.

5. In small microwave-safe bowl, heat reserved marinade in microwave oven 20 seconds or until heated through. Slice bell peppers and steaks against the grain; serve with onions and reserved marinade.

Approximate nutritional values per serving:

523 Calories, 37g Fat (13g Saturated), 112mg Cholesterol, 463mg Sodium, 16g Carbohydrates, 2g Fiber, 11g Sugars, 3g Added Sugars, 34g Protein